



Food ID: F196
Food name and Description: Pork, suckling, kidney
Scientific name: *Sus scrofa scrofa*
Alternate/Common name(s): Baboy litsunin, bato
Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	79.3
Energy, calculated (kcal)	95
Protein (g)	15.9
Total Fat (g)	3.4
Carbohydrate, total (g)	0.3
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	17
Phosphorus, P (mg)	200
Iron, Fe (mg)	2.2
Sodium, Na (mg)	121

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.32
Riboflavin, Vitamin B2 (mg)	2.57
Niacin (mg)	7.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.09
Fatty acids, monounsaturated, total (g)	1.12
Fatty acids, polyunsaturated, total(g)	0.27
Cholesterol (mg)	334